Financial Problems Can Cause Divorce & Break-Ups

HOW THE ECONOMY AFFECTS RELATIONSHIPS

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Call for Training/Lecture
A declining economy may consist of the following:

- Layoffs
- Furloughs
- Salary Reduction
- Employee Terminations
- Loses in Financial Investments
- Increases in Spousal & Child Support
- Reduction in Medical, Dental, Retirement
- And Other Benefits

Problems frequently given for divorce and break-ups:

- Physical Abuse
- Infidelity – Cheating
- Emotional Abuse
- Addictions
- Financial Difficulties

A declining economy may be very stressful causing abuse and break-ups in a relationship.

Illustrations by Channing Bete Company
Domestic Violence Hotline: 1-800-799-(SAFE)7233
Individual, Group, and Couple Counseling: 1-818-788-9667
Effects of stress can make you cranky, irritable, and abusive to your partner and others.

Verbal Abuse
Physical Abuse
Emotional Abuse
Child Abuse & Neglect
Elder Abuse & Neglect
Excessive Drinking & Smoking

Sexual Problems and/or Dysfunction
Problems at Work and the Community
Neglect of Your Own & Family's Medical Needs
Excessive Use of Prescribed and/or Non-Prescribed Drugs

Ways to relieve stress

Eat Properly
Learn to Relax
Get Enough Sleep
Exercise Regularly
See your health provider
Manage your time wisely
Talk to a counselor/therapist
Financial Education Counseling may help reduce financial stress, which involves knowing and understanding the often complex principles of earnings, spending, saving, and investments.

Key Points

- Never buy anything you can't afford
- Never invest in anything you don't understand
- Trust your gut feeling – some things are too good to be true

If the abuse begins or continues by your partner, develop a Safety, Escape, & Protection Plan from the abuser.

Safety Plan – What to do when you/children are threatened by abuse and/or violence in the home

Escape Plan – Develop a safe plan for leaving the abuser

Protection Plan – After leaving the abuser plan to keep him from contacting you. The Criminal Court/Family Court can issue a Restraining Order or Stay Away Order.
The economy will get better

and hopefully

your relationship will get better also.